H O R I Z O N S

Happiest at Home
Crotched Mountain Community Care Makes it Happen
As I continue to acquaint myself with the team of talented and dedicated professionals at Crotched Mountain, I’m struck by the pride they take in their work and by the affection and commitment they hold for our organization and the people we serve.

Since arriving here, I’ve begun to visit each department —on and off-campus—to gain an understanding of how folks view their work. Everyone I’ve met is engaged and excited to play a role in planning for our future.

It has been gratifying to hear employees’ thoughts and ideas. They treasure much about their work—the opportunity to serve a diverse group of clients, to learn and use a wide variety of skills and to provide leadership in their fields.

Some themes that have emerged include increasing our focus on achieving a healthy work/life balance, expanding internal and external communications to better share our stories, making important improvements to campus infrastructure, as well as exciting ideas to innovate existing programs and services.

I have seen our mission to provide a lifelong alliance to people with disabilities firsthand. On a recent rainy day, I watched a staff person, walking with a student, kneel down and roll up the student’s pant cuff so it wouldn’t get wet. At first glance, it’s a simple gesture we take for granted every day. But in truth, it’s one of many examples of how our employees lend kindness and calm to difficult situations. It makes me proud to have joined this team.

From the early days of treating children with polio to educating children with autism and providing rehabilitation to adults with complex conditions, Crotched Mountain has a 60-plus year history of evolving to meet emerging community needs. It’s clear that Crotched Mountain doesn’t give up in the face of adversity as we provide support to people facing life’s most daunting challenges.

These first few months have told me that I’ve come to an extraordinary place with a longstanding capacity to make a difference, not only in the lives of the people we serve, but in the way the world understands and regards people with disabilities.

Michael Coughlin, President and CEO
WHERE THE HEART IS
Simonne is happiest at home. At 100 years old, and with some health and mobility issues, it’s important that she gets the right supports to ensure her home is the safe, life-affirming place it has always been. Becky Coccol, care manager with Crotched Mountain Community Care (CMCC), and Simonne’s family work together to make that a reality every day. “My mobility issues make being alone a concern,” says Simonne. “But with daily meals, people to help me bathe and nurses to check on my health, I’m not alone.” CMCC has made independence possible for Simonne and people like her across New Hampshire for over 25 years.

MANAGING THE BIG PICTURE
As Simonne’s care manager, Becky oversees all the services that come together to support Simonne’s life at home. These include a visiting nurse who monitors her health, a homemaker who helps with cleaning, meal prep, errands and overall home safety and a health aide to assist with bathing. Meals on Wheels provides nutritious meals every weekday. In addition to coordinating these services, Becky checks in regularly with Simonne and her family to monitor current services and assess emerging needs. It’s Becky’s job to understand and assist with all the systems that support Simonne. That means managing paperwork and providing guidance on insurance and financial matters as they relate to Simonne’s benefits. “The program has given our family a great sense of relief, knowing Simonne is not alone during the day,” says Cindy, Simonne’s daughter-in-law. “We all know mom is well taken care of.”

FAMILY AND FRIENDS
“Simonne’s family is a positive support for her,” notes Becky. “With home supports and daily assistance from her family, her needs are well managed. So when the family is together, their focus can be on each other.” Simonne’s son Bernie and Cindy see her on a regular basis and other family members visit often, so she sees family almost daily. And she goes to Bernie and Cindy’s for Sunday dinners and holidays. Neighbors and friends drop in frequently making Simonne’s life at home a lively one!

A FULL LIFE
Simonne easily welcomes visitors into her home and enjoys telling stories about the many people whose pictures adorn her walls. “The strong family support Simonne receives speaks volumes about the kind of people she has in her life and the kind of relationships she has nurtured,” observes Becky. “At age 100, Simonne is able to remain in her home without fear of being a burden to anyone. This gives her peace of mind so she can live her life doing what she enjoys, while spending time with her loved ones. I am so glad to be a part of that.”

For more information about CMCC, call 603.431.3042, 800.339.3042, or write communitycare@crotchedmountain.org, or visit our website: www.crotchedmountain.org/cmcc.
HERE’S WHAT I THINK.

TECHNOLOGY ADVANCES INDEPENDENCE AND PERSONAL CHOICE

Purchase of the hardware and software was made possible through a grant from the Cogswell Benevolent Trust.
Technology is so much fun! No, seriously, ask any student in Erika Cutter’s class. Erika’s nine students are the first at Crotched Mountain School (CMS) to use an interactive SMART Board that simultaneously connects to each student’s personal assistive device. This is notable because each device—iPad, laptop or other communication device—is custom-programmed to address a student’s unique needs in the areas of vision, hearing, speech and movement, creating a true universal learning experience. “Most of my students have limited mobility and motor control, and many are non-verbal or have a hearing or vision impairment,” Erika explains. “This technology allows them to access communication pathways that they wouldn’t otherwise be exposed to.”

JOIN IN!
“Those are students who, due to movement disorders, use eye-gaze technology to communicate,” explains Julia Lynch, speech and language pathologist and certified assistive technology provider at CMS. “For some, the eye-gaze function has allowed them to tell the world who they are for the first time. And now, connected to the SMART Board, they can be full participants in a group learning process.”

Looking to share
When Steven—who has cerebral palsy and uses eye-gaze technology on his laptop—signs into the SMART Board, whatever is on the board appears on his device. With his gaze, he can drag icons and open applications to fully access the curriculum and participate in real time. Lacey, who has both visual and hearing impairments, uses the SMART Board as an enhanced touch screen and a canvas for writing and drawing, which increases her range of motion. “For students like Lacey, this is a great tool for creating projects and visualizing concepts,” Erika points out.

Demonstrating knowledge
With this technology, teachers and others can accurately assess what a student has learned, what works best for the student and identify challenges and interests. “The interactive possibilities are endless, either on the SMART Board or on one of the classroom’s four large touch screen computers that provide similar access for highlighted reading, mathematics, research, scheduling and other individual work,” adds Erika.

Do it yourself
“One of the most important things this technology facilitates is personal initiation,” notes Julia. Many students with movement and other disorders develop an external locus of control brought about by an inability to initiate action. This “prompt dependency” becomes second nature. “What we look for with this technology is a shift to independent initiation and a new internal locus of control and personal power.”

Cutting edge
This is a new capability for communication devices, like those produced by Tobii Dynavox and others, to connect with the SMART Board. In fact, according to a SMART Board representative, it’s the first time the eye-gaze function has ever been successfully synched with their product.
Frank Whitney began working in Housekeeping Services at Crotched Mountain in 2013 and takes enormous pride in his work. He knows well the critical role his work plays in the health and safety of patients, families and staff. Frank also knew right away that he wanted to do even more for Crotched Mountain, so he began making regular donations through a payroll deduction.

“Every day I am touched by what I see here. Crotched Mountain is a wonderful place to be, to work and to support,” Frank explains. “By giving, we make life better for those we serve. Payroll deductions make it easy for me to give ongoing support and I don’t forget.”

Last year, Frank heard about plans to create the Memorial Garden near Crotched Mountain’s accessible trails and he wanted to help. A planned centerpiece for the Memorial Garden was a granite wall to welcome visitors to the meadow overlooking expansive northern views.

With more than thirty years experience as a stone-mason, Frank knew he was up to the task of building the perfect wall. “I was touched by the fact that those who care about Crotched Mountain would enjoy a quiet area to contemplate and celebrate the life of a loved one,” he explains.

Beginning last September, Frank spent evenings hand-picking every stone and skillfully placing them layer by layer until, by the first snow, the beautiful, hand-crafted wall was complete. The wall defines the Memorial Garden, where work will continue this year with a grand opening planned in the fall.

“When you decide to give, just do it. It’s too easy to put it off and then never get around to it,” Frank advises. “Charitable donations help meet the needs of our patients and students. The Memorial Garden needed a wall to frame the beauty of the space, so I did what I could.”

Anyone can honor a loved one in the Crotched Mountain Memorial Garden. To view a selection of affordable paving stones, granite benches and landscaped trees, visit crotchedmountain.org/memorialgarden. Crotched Mountain employees interested in making charitable donations through payroll deductions may contact Kevin Harte, senior manager, Development at 603.831.8424 or kevin.harte@crotchedmountain.org.
SWEETNESS OF SPRING

Farm School staff and students sweetened everyone’s day with generous helpings of ice cream, yogurt and shaved ice loaded with mountain-made maple syrup. Everyone was invited to enjoy the fruits of this year’s taps, which were fruitful indeed, with approximately 360 gallons of sap collected to produce nine gallons of syrup!

FROM DRAGONS TO DRAGONFLIES

Last year Eric Peterson’s CMS art classes created a world of two-dimensional dragons using collage techniques. This year, Eric’s students created three dimensional dragonflies from paper, duct tape, pipe cleaners, condiment cups, popsicle sticks and paint. Can you guess how they used the materials to create these very colorful critters?

HOCKEY HEROES PLAY ON

Long-time CM partner, the Boston Bruins Alumni, faced off against the Crotched Mountain Wild to raise funds and awareness for Crotched Mountain Accessible Recreation and Sports program (CMARS). Close to 500 fans attended the Sixth Annual Bruins Alumni Classic at Saint Anselm College in Manchester, raising $41,560 to benefit the many community-based programs offered by CMARS including adaptive skiing, kayaking, cycling and more. As always, we extend a big thank you to the Boston Bruins Alumni, the Crotched Mountain Wild, event sponsors and all the fans who cheered us on!

THE WILDER SIDE OF CROTCHED MOUNTAIN

Windows to the Wild, the Emmy-winning series on NH Public Television, recently featured Crotched Mountain Accessible Trails. Host Willem Lange joined hikers of all abilities as they hiked and discussed the trail system’s many interesting and unique qualities—from breathtaking views at the summit of the Gregg Trail to up-close details of the wetland world on Dutton Brook Trail. The trails are now open! For information or to download a map go to crotchedmountain.org/trails. Watch the episode online: video.nhptv.org/program/windows-wild.

APPOINTMENTS, AWARDS, HONORS AND DEGREES

Frederick R. Bruch, Jr., MD, FACP, CPE, has been named chief medical officer of Crotched Mountain Foundation. Dr. Bruch will also continue in his role as medical director for Crotched Mountain Specialty Hospital, to which he was appointed in 2013.

Liz Laroze, APR, director of Marketing and Communications, was elected President of the Public Relations Society of America’s Yankee Chapter for 2016.

Kristine Jarvis, ABA Therapist II, completed coursework and exams to become a Board Certified Behavior Analyst (BCBA) from Antioch University New England.

Alyssa Collier, special education teacher, received her M.Ed. in School Counseling from Keene State College.

Jessica Harring, residential supervisor, earned her Licensed Nursing Assistant (LNA) from Hearts and Minds Health Care Training.
Finally, the warm weather has arrived and that means it’s time to get out on the lakes and rivers of the Monadnock region and paddle. Crotched Mountain Accessible Recreation and Sports (CMARS) can make it happen with kayaking adventures for paddlers of all abilities and experience.

Introduction to Kayaking
Come try a new sport! We offer paddling opportunities in a safe and supportive environment with various levels of support and adaptations, as needed, for individual success.

Sunset Lake Spectacular
Come experience the enjoyment of kayaking in a safe and social atmosphere. These three-day sessions are for new or beginner kayakers wanting to learn or advance their kayaking skills. A variety of games and activities are used to practice and enhance skills.

Monadnock Waterway Adventures
Enjoy the beautiful lakes and waterways of the Monadnock region on these excursions for kayakers who have developed basic kayaking knowledge and want to advance their skills. Over three-day sessions, we explore many waterways in the region such as Powder Mill Pond, Contoocook Lake, Otter Lake and more.

We provide all equipment, instruction and lesson facilitation in a structured, supportive setting for up to two hours with certified therapeutic recreation specialists and trained volunteers. Modifications and/or adaptations to equipment are available for optimal success and safety.

For dates, locations and more information, visit www.cmf.org/paddling. To register call 603.547.3311 ext 1664, or write cmars@crotchedmountain.org